



# THE MASSEUR

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## American Massage & Therapy Association Inc.

FORMERLY THE AMERICAN ASSOCIATION  
OF MASSEURS & MASSEUSES

OFFICIAL BULLETIN

MARCH - APRIL, 1962

DECATUR, ILLINOIS

## REGISTER FOR CONVENTION NOW.

### CONVENTION NOTES

Attend the 1962 convention in Boston this year. Large plans are being made for you, in order that your time and money will be well spent. This eastern chapter is a hard working, ambitious group that enjoys their talents. I know you will come back encouraged, inspired and full of zeal to help you carry out your programs in your own community.

August 8th through 11th should be marked on your calendar—but don't just stop there, send in the enclosed registration blank with your check—attach copy for your ad that will appear in the souvenir program. Just think after this year's convention we can truly say we have been from coast to coast, demonstrating, lecturing and persuading people to believe in our noble work of administering to mankind in his hour of physical need—come to Boston because I know they have some fun in store for us, too.

#### THURSDAY, AUGUST 9, 1962

- 9:00 a.m.—Registration.  
9:30 a.m.—Invocation. Salute to the Flag.  
Welcome Address by Convention Chairman.

Welcome Remarks by Dr. Adolph Meltzer of Worcester, a well known surgeon and honorary member of Mass. Chapter.

10:00 a.m.—Dr. Edward B. Sullivan, D.O. Demonstration and talk on low back and leg pains.

11:00 a.m.—Memorial Service for deceased members of the various state chapters.

11:30 a.m.—Recess for lunch.

1:30 p.m.—Convention Business.

4:30 p.m.—Recess for the evening.

#### FRIDAY, AUGUST 10, 1962

9:00 a.m.—Film on strokes with question and answer period.

10:00 a.m.—Dr. Job E. Fuchs, Director of Health Services, Northeastern University, Boston, Mass.

11:00 a.m.—Convention Business.

12:00 noon—Luncheon and Fashion Show.

2:30 p.m.—Bus tour including historic and educational features of Boston.

#### SATURDAY, AUGUST 11, 1962

9:00 a.m. Election of Officers.

6:30 p.m.—Barquet, Entertainment, Dancing.

The registration fee for members is \$20.00 and \$15.00 for non-

members and guests.

Subject to day-to-day Change  
Editor.

### MASSACHUSETTS CHAPTER

On January 28, 1962 the Mass. Chapter met at Henry LaFleur's Salon in Worcester. Plans were made for the National Convention followed by massage demonstrations and exercises. We enjoyed a visit from an Austrian trained physiotherapist who is very much interested in our association. The membership is very enthusiastic about the coming convention and we feel the members will really get their moneys' worth in 1962!

Sincerely yours,  
(Mrs.) Virginia C. George  
Convention Chairman

### THOUGHT FOR 1962

Keep the telephone of your mind forever transmitting thoughts of Love, Purity, Joy and Health: then when disease, sorrow, lust or hate try to call you up, they will always get the busy signal. After a while they will forget your number.

Frank P.—Wisc.

PAID  
JULIES  
MASSACHUSETTS  
CHAPTER



## THE MASSEUR

Bimonthly publication of the  
American  
Massage and Therapy Association.  
formerly known  
American Association of Masseurs  
and Masseuses.

Published in Decatur, Illinois  
Charles W. Brooks, Editor  
3111 North Water Street



George D. Gammon, National President,

### PRESIDENT'S REPORT

We are soon approaching our National Convention and I am sure you are all planning to attend. If not you should be.

There are so many interesting things at a National Convention, Educational Lectures, demonstrations of techniques, lectures on nutrition, fun and fellowship. It pays real dividends to meet the members from all over the Nation.

Last year we had twenty five percent of our membership in attendance. We can beat that this year if we all plan now.

Frankly I am disappointed in the increase of membership in the East. It was the opinion of all that if the Convention went to the East Coast that interest in our Association would be increased and that we would be able to have more Chapters in that part of the United States.

Somewhere along the line the

work has not been done. The Officers have given the committees everything to work with, but the work has not been done.

We need these States and Chapters should be formed right away. How can we grow in one part of the country and not in another. The Association is the same, our aims are the same, but our members are just not on the ball.

Florida, Mississippi, Louisiana, Tennessee, North Carolina, South Carolina, Kentucky and Virginia do not have State Chapters. I would like to know from some of the members in that locality WHY?

New York, New Hampshire, Connecticut, Delaware, New Jersey, Maryland and Washington, D.C. have no chapters. Again I would like to know WHY?

It is not important to me, but it is important to the Association. We elect and select officers who take the oath to perform certain duties and in some cases all they do is get the honor of having their names on official stationery.

We have made much progress in the last 3 years, but just as sure as you were born we all will be under doctor's prescription unless we get on the ball, get organized in every State and get decent laws to protect us.

Let's get the job done now and done right.

### Patient Education Begins At Front Door —Never Ends

Where does patient education begin—and where should it end? Education of your new patient begins as soon as he steps into your office. Whether he sees a modern office, well decorated and neat in appearance—or a shabby run-down, paint peeled, plaster cracked room full of chairs and dog-eared magazines—the educational process has begun. He already has a certain degree of either trust or distrust in you.

Check your office daily. Make

sure it provides the professional atmosphere necessary to your service.

### How to Display Material: Creating Effectiveness

What do you do with new public information material when it arrives at your office? The following nine steps will be helpful in obtaining the greatest mileage from Public Relations Materials while assuring the profession of an effective Public Relations Program:

(1) Always keep clean copies in your waiting room, well lighted and in a prominent position.

(2) Always present the publication in its own distinctive envelope if available.

(3) Leave the booklet when making a presentation—don't just show it.

(4) Give key leaders several copies to distribute to other persons.

(5) Present a copy to everyone in your practice.

(6) Check your State Association for coordinated distribution. Urge mass distribution efforts be initiated.

(7) Call your local chapter for presentation to the library in your vicinity.

(8) Order in quantity. Don't be out when someone asks for a copy.

(9) Contact your local newspapers, radio and television stations for a possible news release.

J. M. Weir, R.M.T.

Educational Chairman

### Belated News Item

We just received word from Pearl Hoppe in Washington that Ermel Rothgeb passed away last June 25. Her death came on her birthday. She was one of the old time members and I am sure some of you older members will remember her. She was a wonderful person and had lots of friends so we will just think of her as being away.



## QUAD STATE MEETING

(ILLINOIS, INDIANA, IOWA,  
WISCONSIN)

To take place Saturday and Sunday, April 28-29, 1962 at the Wisconsin Hotel, Patio Room, Milwaukee, Wisconsin.

Saturday at 8:30 a.m.—Registration. Visit old friends and view exhibits. Relax.

9:30 a.m. Welcome—Introductions, etc.

10:30 a.m.—Milwaukee Fire Chief James P. Moher "Your Professional Roll in the Civil Defense Program."

11:15—Milton Lang—Detective Milwaukee Narcotic Squad, after lunch Dr. Ray J. Dennis Lakeview Hospital "The Value of Various Diagnostic Procedures."

2:15—Work Shop—Wisconsin A.M.T.A. members.

3:00—Special Film (A.M.T.A. approved) "Manage Techniques."

4:30—Adjournment for shopping, visiting, etc. until evening social time.

7:30 p.m.—Dinner at the beautiful Empire Room of the Schroeder Hotel. Entertainment, reservations must be made for this affair as it is not included in reservation fee. Sunday—another day of Program—Round-Table discussions, demonstrations, work shop, etc. Shall we see you there? Send in your reservation.

## JONES HOST TO THERAPY ASSN.

The semi-monthly meeting of the American Massage and Therapy Assn. Pennsylvania Chapter, was held Sunday at the home of Blandford Jones, Baber Street.

After a business meeting and discussion, Johnanson Ahlquist of Allentown, gave a back massage demonstration.

The next meeting will be held March 25 at Jean DiCarlo Studio, Philadelphia.

Attending Sunday's meeting were masseurs and masseuses

from Baltimore, Easton, Allentown, Harrisburg, Bethlehem, Philadelphia, Ephrata, Reading and Scranton.

Leslie Hock, president of Scranton, presided. A buffet lunch was served by Mrs. Blandford Jones, Mrs. Thomas H. Strong, Mrs. Bernice Cox and Mrs. William Heisler.

## 1962 YEAR BOOK

The year book has been mailed out. We had an awful lot of impatient members that wrote in and wanted to know what was holding it up. It was only a couple of weeks late at that and we made changes in it that took time and I am sure you will appreciate this as time goes on. Besides that the book is quite a bit bigger and we had to print several hundred more copies. So thanks to you all for your wonderful contributions that helped make this the best and biggest book yet.

Editor.

P.S. There are a couple mistakes in the table of contents that you can correct with a pen. Next year we can look for a better publication yet.

## INDIANA CHAPTER

Meeting called to order at 11:00 a.m. Jan. 19. President Lowell M. Spangle presiding.

Invocation by our chaplain Nelle Towe.

President Spangle asked each to stand and introduce themselves. Our registration clerk Lenora M. Stoller reported 25 present.

Reading of the minutes, by the secretary, of our last meeting held at the "Grill" in North Manchester, Indiana, on Saturday, November 4, 1961. Accepted as read.

Reading of the treasurers report. Accepted as read.

Committee reports:

Earl Schofield reported we had 2 new applications along with the checks, for membership.

Pete Rittenhouse reported brief-

ly on the state convention which we are planning for June 9 and 10th, 1962.

Lowell Spangle and George Stoller reported briefly for the legislative committee.

Lowell Spangle reported that the board of directors had given the go ahead for the Continental Casualty Co. of Indianapolis to contact our members in regards to an insurance plan.

There was a report made on the sick in our association. Lowell Spangle reported that Bessie Erfurth is still not in very good shape. At the suggestion of Pete Rittenhouse we held a moment of silent meditation and prayer for all the sick and infirm among us.

Kokomo, and Fort Wayne were nominated for our next meeting place which is to be held on Saturday, March 10, 1962. Kokomo got the nod with 16 votes and Fort Wayne got 6 votes. Pete Rittenhouse is to make all the arrangements.

We recessed for a wonderful steak dinner at 12:00 noon.

We reconvened at 1:15 p.m. Dr. Otis Briggs gave us a very interesting and instructive lecture on the importance of getting the proper amount of iron and copper in the system. His lecture was enjoyed by all.

We next heard a very interesting lecture on treatments and diseases of the feet, by Dr. Morris a Podiatrist of Frankfort, Indiana. She conducted a question and answer period which was thoroughly enjoyed by all.

We adjourned at 3:30 p.m.

Our thanks to Mr. and Mrs. Keever for a very enjoyable meeting.

Respectfully submitted,  
George W. Stoller  
Secretary Treasurer

## TODAYS CHUCKLE

Mother Nature is a wonderful woman but she is no acrobat. She still can't jump from summer to winter without a fall or from winter to summer without a spring.

PAID  
JUL 25  
1962  
JUL 25  
1962



## Time of Your Life BEWARE GERIATRIC SWINDLERS

By Arthur Lord

Dear Arthur: I'd like to know if the health plans, programs, and products that I see advertised "especially for older men and women" are reliable. Everybody seems out to make a buck on the current geriatrics kick and it's hard to know what to believe.

Barclay.

Dear Barclay: You refer to the scientific saviors of the '60's. Medical magic, health nostrums, elixirs of life, vitamins for vitality... just so much flapdoodle! You cannot regain strength and vigor you never had. You must develop vitality over a period of time, and make a conscientious effort to retain it.

Watch out for the geriatrics swindlers. No one knows of any drug, lotion, potion, balm, salve, ointment, pill, juice, root or seed that alone or in exotic combination will make you look and feel young again.

Beware of the health products with geriatrics labels. Check them with your personal physician.

## ILLINOIS CHAPTER

The Feb. A.M.T.A. Meeting was held at the Y.M.C.A. in Peoria, Ill. The meeting was called to order by Pres. Weinrich, the Minutes and Treasurers report was given by Sec. K. L. Reid. A report to be given by Florian Krass concerning Liability Insurance with Prudential was mailed to us saying he has not had a reply; however, in our new Year Book there is an ad by Malpractice Insurance Protection. It was decided we would contact this Co., also a company from Rock Island will be contacted.

A discussion on case histories and results in which are participated was most educational. It was decided at this meeting to have a case history and discussion

presented by some member at each meeting.

The finest Year Book yet was distributed to those present. We thank Anna Hopes, Dr. Brooks and all others concerned for a very fine job.

Our next meeting will be held at the Y.M.C.A., Peoria, Ill., June 17th, 1962 at 11:00 a.m. We hope this meeting will be better attended as we will have a most interesting program. We will have a demonstration of a new Pulley Therapy Machine, a guest speaker from Chicago, and an unusual case history will be presented by Gilbert Schmitt with discussion to follow.

We hope the members of this Association will make a small sacrifice to attend. Our Association cannot prosper unless we all participate. In Feb. only 5 members and 1 guest were present. Come all and let's make our June Meeting the most successful yet!

Respectfully Submitted,  
K. L. Reid, Sec'y

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## Obliging

MOM suddenly had the urge to live in the past.

She complained to her husband: "You used to kiss me," so he leaned over and kissed her on the cheek.

"You used to hold my hand," she said, so he reached out and held her hand.

"You used to bite me on the neck," added MOM, and POP started to walk out of the room.

"Where are you going?" asked MOM, and POP replied:  
TO GET MY Teeth.

## NEW STUDY LINKS CIGARETS TO MANY DEATH DEALING ILLS

—Milwaukee Journal.

London, England—AP—A committee from Britain's Royal College of Surgeons reported Wednesday after a two year study that cigaret smoking might be a contributing cause of death from a number of diseases besides lung cancer.

The committee studied thousands of case histories and examined more than 200 other medical inquiries into smoking. Some of their conclusions leaked out several weeks ago. But the full 70 page report was not made public until Tuesday.

Here are some of their findings:

Cigaret smoking is the most likely cause of the recent worldwide increase in deaths from lung cancer.

### May Be Death Factor

The habit probably increases the risk of death from coronary heart disease, particularly in early middle age.

It may be partly responsible for tuberculosis deaths among elderly men.

Smoking may be a contributory factor in cancer of the mouth, pharynx, esophagus and bladder.

It may be a reason for increased mortality from peptic ulcers.

It is an important predisposing cause in development of chronic bronchitis.

The report acknowledged that smoking might have psychological and social benefits.

### Suggests Tax Increase

It supported findings of other medical groups that pipes and cigars were less dangerous than cigarettes, probably because the cigaret smoker inhaled more.

The committee suggested that for health's sake governments should boost taxes sharply on cigarettes and lower them on cigars and pipe tobacco.



The group also had a tip for cigaret smokers who can't quit: Throw away a cigaret when it is half smoked because the unburned portion filters out much of the injurious matter.

Sir Robert Platt, committee chairman, told a news conference that 20,000 men in Britain died of lung cancer last year, and that deaths among women, 3,000 in 1961, were increasing.

It's the cigaret smoker who gets cancer of the lung," Platt said. "These facts are unpleasant and unpalatable, but they are facts."

## Experiences With Some Massage Therapists

In talking shop with fellow therapists, on various massage techniques, both good and bad, I have related a few experiences with various people, who were supposed to be practicing massage therapy.

My fellow A.M.T.A. members have said, "Why don't you write about some of the techniques you describe?" Maybe they might be of benefit to other therapists in what not to do. I think they have helped me to become a much more considerate therapist, in trying to give to my clientele the kind of therapy that I would like to have given to me, if our places were reversed.

First, let's understand that the word massage or even Scientific Swedish massage, does not always mean the kind of massage therapy you might expect, as I will attempt to describe.

I have always made it a practice, when seeing a sign advertising massage or related techniques, to drop in, meet those in charge, get acquainted, talk a little shop, etc. Often if time permitted, have been invited to have a treatment or exchange treatments. In this way I have discovered as many variations, in so-called massage therapy, as there are therapists.

While employed in a medical doctor's office in North Hollywood,

a young husky woman of twenty years came to our office to see me and talk shop a bit. We decided to exchange massage treatments, I gave her my best in Scientific Swedish massage, then she in turn gave me a massage, using her technique. She went over me completely, using her hands, much in the manner a barber strops a razor. She would stay in one place just about as long as you could stand it, then move over a few inches and repeat same procedure. The razor stropping technique was not so heavy, but continued in one spot for a time, certainly could bruise tissue. The next day I was black and blue from here to there.

I exchanged treatments with another young lady who had an office in a rest home. I gave her a regular thirty five minute Swedish massage, she gave me ten minutes of a nerve reflex therapy that I felt no results one way or another. I exchanged with a young man who went over me, using only one hand with an Oster hand vibrator. He explained that it was far better than hand massage and much easier for him.

I watched another give a massage. He worked with one hand a few strokes, then let that arm hang loosely at his side, while he worked with the opposite hand, changing from one to the other about every twenty to thirty seconds, for the entire body massage. He had no particular routine, so had to watch the clock continuously to pace himself to know when he was through. Another fellow had a punching technique, pushing with alternate punches with the open hand, using the fingers more than the palm of the hand. Without one hand supporting the other, you were punched all over the table. You couldn't relax, you tensed yourself for each punch. He was a weight lifting masseur.

Another exchange was a young lady of twenty years, just out of Webster College of Massage, Los Angeles. She came to work where I was employed. Her first day's work was so unsatisfactory to her

clientele that the management refunded their money. She felt so bad she cried. The management felt sorry for her so assigned her to me for further instruction. I worked with her all of my free time for two or three weeks, until she could make it on her own and hold a clientele. She had been taught a fair routine, but her pressure was so light, it was like a gentle breeze blowing over you.

Another exchange was with an elderly man who had been practicing massage therapy several years. His routine was bad, his movements were quick and jerky; as he completed each limb, he would give each joint circumduction in passive movements, similar to cranking a car motor.

In telling of these experiences I am not trying to give the impression that every massage therapist's technique is faulty but mine. I have also exchanged with many therapists who were so good that I wished the treatment would go on forever. Some of our own R.M.Ts. have some excellent techniques.

From the above experiences we can see the need for better massage therapy schools, better screening of massage therapists and their techniques, a state board of examiners, and a licensing law to protect qualified therapists and to protect the public from the unqualified.

John A. Murray, R.M.T.  
Washington Chapter.

## THE THEORY OF RAW JUICES

Every man and woman should be thinking of the theory of raw juice therapy. Nothing could be more reasonable and natural. Our bodies are composed of more than sixteen mineral elements and according to many scientists, sickness of some sort will result if one of these elements should be deficient. These essential elements are found in all live growing things, such as fresh fruit and vegetables.

RAW JUICES  
MESSAGE EXCHANGE



It has been known by some scientists for years that if man wishes to build up a disease-resisting blood stream that is rich and red, he must get minerals and vitamins that are pure and unadulterated from plants as provided by nature. The question is how to obtain these elements and minerals.

For years man has been leading a softer life as far as his teeth and weakened system for digestion are concerned. Most of us find it impossible to eat the fibrous, hard and coarse material that is contained in some vegetables. Men can only extract a portion of the life giving elements and find it hard or impossible to digest the coarse, fibrous material. Therefore, fresh raw juices from vegetables and fruits properly extracted with a juicing machine and consumed daily, in a few minutes, enter the blood stream of our body and provide it with the necessary elements as nature intended. Many doctors recommend the eating of fresh fruits and vegetables daily and one sure way of getting sufficient quantity is by drinking fresh raw juices daily.

## FOR SALE

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## TO BE A SUCCESS

Think Deeply  
Speak Gently  
Laugh Often  
Work Hard  
Give Freely  
Pay Promptly  
Pray Earnestly  
And be Kind

by

Mrs. Earl Fries  
These Times  
Mag. Ang.

## Anatomical Quandry

Where can a man buy a cap for his knee?  
Or a key for a lock of his hair?  
Can his eyes be called an academy,  
Because there are pupils there?

In the crown of his head,  
What jewels are set?  
Who travels the bridge of his nose?  
Can he use,  
When shingling the roof of his mouth,  
The nails on the end of his toes?

What does he raise from the slip of his tongue?  
Who plays on the drums of his ears?  
And who can tell the cut and style  
Of the coat his stomach wears.

Can the crook of his elbow be sent to jail?  
And, if so, what did it do?  
How does he sharpen his shoulder blades?  
I'll be hanged if I know, do you?  
(Author unknown)

## BIG TEMPER, LITTLE MAN

A glove fits a hand, a shoe a foot, a hat a head, and a big temper fits a little man. If you cannot be tall, you can be loud. If you are not strong, you can get mad. When you cannot have your way, throw a fit. The inferior can feel superior in an outburst of temper. Weakness breeds a hot head.

Now temper is a good thing. An ax without temper will not cut. Steel must be tempered if it is to become the hull of a ship. The ability to be angered is an essential element of true character.

An uncontrolled temper, however, is a visible expression of weakness. Strength is required to control oneself. Tantrums belong to childhood and to adults who are still childish.

The Bible says that we are to add self-control to our knowledge (2 Peter 1:6). Do you have pos-

session of yourself? Can you tell yourself to "shut up" and obey the order? When emotions of envy begin to stir can you say "lie down" and have your emotions obey? You may have a restless urge to set someone straight. Can you then practice self-control?

Anger, temper, tears, or arrogance may serve to cover one's true self, to cover oneself from himself. Others see it as a fig leaf apron, insecure and flimsy. Our defense of protection from others is easily detected. A person with real inward strength does not try to show it. His strength makes him unaware that he needs to show it.

Sometimes a person becomes more angry when he detects that he is acting like an infant. He gets mad because there is nothing to get mad about. If you can smile at this, it is because you see a side of yourself.

—Lewis E. Rhoades

## What Kind of A Member Are You?

Some members are like wheelbarrows, not good unless pushed.

Some are like trailers, not good unless pulled.

Some are like canoes, they need to be paddled.

Some are like kites, if you don't keep a string on them, they fly away.

Some are like kittens, they are contented when patted.

Some are like footballs, you can't tell which way they are going to bounce.

Some are like balloons, full of wind and likely to blow up unless handled carefully.

Some are 100 percent members, in regular ATTENDANCE and very COOPERATIVE.

WHICH ARE YOU?

(California Journal of  
Physical Therapy)

Spurgeon said, "If God has called you to be a missionary, I would hate to see you shrivel down to be a King."

Cora Bloyd



## SIGNIFICANCE OF SILENCE

At the summer home of Dr. Broad, in Skeanettes, New York; I attended a Yoga Convocation. Our instructor, Ramurti Mishra, M.D. had some of the members attending go on Silence all week, while others just one day. The first day, food consisted of honey and warm milk—to let the system rid itself of poisons. I am sure you will like reading what Silence means.

Silence is not what one would expect it to be at the beginning of the silent period. It develops from phase to phase, depending upon the development of the individual, as the mind, ego, and intellect get the opportunity to reorient themselves into their proper perspective places. Order begins to take place and ideas begin to present themselves logically.

First the mind takes on a very superficial attitude, as if the only thing to do were "not to communicate with another person." So, in trying to occupy one's self, the mind seeks to listen to other peoples conversation without asking what is good and what is bad. Then it begins to get tired of empty talk to the point that it gets annoying to the ears. Conversation of people take on all shades of color, that is, from silly petty talk to ridiculous conversation without discrimination. Now, there are those that are serious and have something to offer to the development of inner nature, whether it is a question or an answer to a problem. Once again the mind, wanting to be preoccupied with some activity and not wanting to release its old habits, tries to communicate with some one who is mutually interested in the same inner development. After a while, ideas become incomplete and the ego begins to ask itself questions:

What is the meaning of Silence? Does it mean only no Talking? If only "no talking," then there is something incomplete. Another idea comes to the mind—does it mean "no thinking," also? Still,

there is something lacking.

Dr. Mishra said, "Concentrate on the sound OM and the mind will not get a chance to wander or fluctuate." So, in the essence of silence is this: removal of all thoughts, conversation, writing, and complete absorption in the divine music of nature. The mind is stilled and the soul refreshed. Body and soul are in complete harmony with supreme nature. So dear people experience and enjoy the nectar of silence.

### DR. OTIS J. BRIGGS

214 E. ST. JOSEPH STREET  
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### RIGHT SPEECH

All sound is born from silence.

When you speak, be sure you have something to say that is greater than Silence!

ORDER YOUR SPEECH AND YOU ORDER YOUR LIFE!

Be sure your words encompass your meaning.

What you say is a command by your conscious mind, therefore always give divine suggestion.

What you say, you become. How vital it is that it be based on the right understanding of Truth.

Your speech is the creator of your universe. Watch what comes out of your mouth!

Speech is the magic spirit that creates Life's manifestations.

Speech is sound, sound is the spiritual Essence of creation.

What we "DECLARE"

- in thought,
- in feeling,
- in Speech,
- in and by action,—

WE CREATE

Restrain your speech—

Let it be with wisdom and Kindness—

Never be prompted by fear, anger, self-interest—

Avoid careless, idle, flippant words—

Avoid discriminations, dogmatic assertions, negations, words that may cause hard feelings.

Your speech is the connecting link between your thought and action.

DO NOT TALK MUCH.

In the use of many words, there is great confusion.

RIGHT SPEECH IS YOUR CREATIVE TOOL

USE FEW WORDS.

HAVE NO TONGUE.

Proverbs 18: 21—Death and Life are in the power of the tongue: and they that love it shall eat the fruit thereof."

(These thoughts collected from study materials).

## FORTUNATELY FOR THE DECEASED

A small town businessman was waylaid one Saturday night on his way home from work. The thieves thought he would have in his possession the day's receipts from his business. They dragged him into an alley, robbed and beat him, and fled on foot. The beating was so severe that the businessman died.

In a few days the little weekly newspaper carried the account of the robbery, the murder, and the funeral. The news story described how the robbers had hoped to steal the entire day's receipts from their victim. After listing all the details, the article concluded with this significant statement: "But fortunately for the deceased, he had deposited his entire day's earnings in a night depository so that he lost nothing but his life!"

Although the reporter hardly meant what he wrote, he did give an insight into the thinking of many people, which is: All that really counts in life is things, such as money, property, cars, etc. These are worth any price you have to pay—even your life!"

—Robert J. Hastings

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